



# Life

A Publication of St. Mark Evangelical Lutheran Church

July 2024  
Volume 57 Issue 7

A Message from the St. Mark Council -

As we work through this period of transition, it's good to know that we have God on our side. We may feel lost at times, overwhelmed often, but there is a path before us, even if we cannot see it right now. Here is where we are as we move through this time of change:



Pastor Randy Willers has answered our call for pulpit supply. Pr. Randy will be leading worship and communion every other weekend during the months of June and July. On alternate weekends, we are blessed to have Lisa Willey and Beth Claeys who will be preaching and leading worship for us. Communion will not be available on those weekends.

Now that Pastor Travis has departed, our Call Committee can begin the work they have volunteered to do. I believe we have a wonderfully dedicated and diverse committee, and, as Council President, I will be meeting with them for an initial start-up session soon. Our Call Committee members are: Beth Claeys, Lisa Crews, Desiree Gillespie, Ryan Mosher, Rob Sherrod, Lisa Willey, and Cody Williams. Each of these persons brings a different perspective to the table, and I am excited to see them working together for St. Mark. Please keep each of them in your prayers as they contemplate our future leadership.

Recently, the church council met with a candidate for Interim Pastor. I felt the meeting went very well and there were many positive comments from both council members and the candidate. After prayerful contemplation, the council made a request that the pastor consider our offer for the position, and they accepted. Currently our Finance Committee is working out the details of a compensation package. If that is accepted, we may have an interim in place by the first of August. I have total confidence that this will happen for us. At this time, we are honoring a request for confidentiality from the candidate, as they are currently involved with another local church and would like time to address their decision to that congregation, but as soon as everything falls into place, more information will be forthcoming.

Each council member is dedicated to you, as we go through this time of transition; each Call Committee member is dedicated to you as they work to find the leadership that will allow us to grow into the future; each worship leader is dedicated to you as they provide the blessings of Sacrament, Word, and Prayer. And, now I ask for something in the form of dedication from each of you! I am an unwavering believer in the power of prayer, and I ask that each of you take the time each day to pray for God's guidance for St. Mark as we move forward in our ministry and mission. Below is a simple prayer - take this and place it where you will see it each day - perhaps on the refrigerator or on your bathroom mirror. And when you see it, pray it! And know that your family in Christ at St. Mark is praying with you. God's Blessing to us as we move forward in Faith - Nancy Baderstadt, Council President

***Omniscient God - We know you have a plan for us. Help us to be patient, to listen, and to act when we hear Your calling for our future. Guide our church leaders and our call committee as we find our way on the path you have chosen for us. And give each of us the focus we need as we pursue a new pastor for St. Mark. We put our trust and faith in You alone. In Christ's name we pray. Amen***

# July 2024

July 2024

Su	1	2	3	4	5	6
Mo	8	9	10	11	12	13
Tu	15	16	17	18	19	20
We	22	23	24	25	26	27
Th	28	29	30	31		

August 2024

Su	4	5	6	7	8	9	10
Mo	11	12	13	14	15	16	17
Tu	18	19	20	21	22	23	24
We	25	26	27	28	29	30	31

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Jun 30	Jul 1 6:00pm Jalen Basketball-gym	2 6:00pm A. Kyle Basketball - Gym	3 6:00pm Jalen Basketball-gym	4 Fourth of July! Office Closed - Holiday	5	6 5:00pm Worship
7 9:30am Worship 3:00pm Emmaus Worship - Chapel 4:00pm A. Kyle Basketball - Gym	8 6:00pm Jalyln Basketball-gym 6:30pm Finance	9 6:00pm A. Kyle Basketball - Gym	10 6:00pm Jalen Basketball-gym	11	12	13 5:00pm Worship
14 9:30am Worship 3:00pm Emmaus Worship - Chapel 4:00pm A. Kyle Basketball - Gym	15 1:00pm Circle 6:00pm Jalyln Basketball-gym	16 12:00pm LIFE articles duel 6:00pm A. Kyle Basketball - Gym	17 6:00pm Jalen Basketball-gym	18 6:30pm Council	19	20 5:00pm Worship w/ Baptisms
21 9:30am Worship 3:00pm Emmaus Worship - Chapel 4:00pm A. Kyle Basketball - Gym	22 6:00pm Jalyln Basketball-gym	23 6:00pm A. Kyle Basketball - Gym	24 LIFE Mailing Volunteers 6:00pm Jalen Basketball-gym	25	26	27 10:00am Habitat Lunch Prep 11:00am Habitat Lunch 5:00pm Worship
28 9:30am Worship 3:00pm Emmaus Worship - Chapel 4:00pm A. Kyle Basketball - Gym	29 6:00pm Jalyln Basketball-gym	30 6:00pm A. Kyle Basketball - Gym	31 6:00pm Jalen Basketball-gym	Aug 1	2	3

## Notes from the Organ Bench by Ross Jallo



"Hold fast to what is good." (1 Thessalonians 5:21b)

It is altogether too easy to go on auto-pilot, in church and in other areas of life: we take things for granted, expecting them to go on forever the way they always have. Disruptive events, like a change in church leadership, are useful, in that they remind us that church is an ever-changing thing. If we're not growing in faith, we are stagnant. The continued existence of St Mark Lutheran isn't something we can take for granted: it requires a constant investment of our time, talents, and treasures.

An interim period in church leadership can be a very good thing. It's a time to take stock of what has worked for us as a faith community, and what hasn't. I'd like to think that music is an important part of worship at St Mark, at least for many of you in the congregation. By far the best way to foster a successful music program is to involve as many people as possible -- as you heard at Pastor Travis's farewell service, it makes a huge difference to have a larger choir and a full congregation. Even if you don't believe you're cut out for singing in the choir, I urge you to sing out in congregational hymns and liturgical music. (What must visitors think when they see regular churchgoers who don't bother to fully participate in the service? *If church members don't bother to sing, why should I?*) Regular church attendance is the most important -- and the easiest -- thing you can do to make St Mark Lutheran feel like a vibrant and welcoming place.

As we use this period of transition to reevaluate our priorities, I am always curious to hear from you about how I can help foster music-making at St Mark. Do you have ideas about what you'd like to hear? Do you have talents to offer, or do you know someone else with talents to offer who could use a little gentle prodding? I welcome opinions, even ones I might disagree with, because at least that indicates that you're invested!



Thank you to everyone who assisted and was involved with the appreciation day for Pr. Travis on June 2nd. How nice to have such a large group worshiping together. The lunch was delicious and a great fellowship opportunity. It was a great send off for him—Thanks again!

### The St. Mark Church Council:

Nancy Baderstadt, President  
 Beth Claeys, Vice-President  
 Barb Jakubowski, Treasurer  
 Rob Sherrod, Secretary  
 Cathy Barton           Mike Crews  
 Diane Fellman         Julie Ginn  
 Tom Leibold           Candy Nagel  
 Linda Ray               Doug Rowley



Please pray for these members as they serve in these very important leadership positions.

There are now options online to give through Vanco and our Website [www.stmarkcares.org](http://www.stmarkcares.org) for Advent, Christmas, Lent, and Easter designations. For those households who are using Vanco or another form of automatic giving through your financial institution and would like to opt-out for envelopes being mailed to you, please call the church office 563-322-5318. Any questions or if you want to sign up for Vanco please contact Jodee Williams or Barb Jakubowski through the church office.

## Finance Update

### General Fund Summary

### Regular Offerings 2024 Through May

May Offerings	\$ 16,988	Received	\$ 95,971
May Expenses	\$ 26,309	Budgeted Amount	\$ 104,166



## M.A.D. CAMP 2024

Thank you to all who attended, provided leadership and donated time or materials for the recent Music, Art, and Drama (M.A.D.) Camp here at St. Mark. It was a great week!

Hopefully many of you saw our updates and pictures on Facebook and/or were able to attend the Saturday evening worship on June 29th to experience the production first hand. Again, thanks to all who contributed or assisted in any way.



St. Mark Lutheran Church Food Pantry would like to thank the following members, friends, churches and groups for their generous donations during the month of June 2024:

- ◆ St. Mark Church Members and Friends
- ◆ Faith United Methodist Church
- ◆ In honor of Dolly Dunsworth 90th
- ◆ St Alphonse Catholic Church



Social Ministry project for July and August:  
Back to School needs for St Mark Preschool.

- Boys and girls underwear size 6
- Boys and girls sweatpants size 6-8
- Boys and girls hooded sweatshirts/jackets size 4-8
- Boys and girls socks for age 4-8 year old

Baskets will be placed in narthex and lounge for donations!  
Thank you for helping with the needs for the children.  
Questions: Candy Nagel

I would like to thank everyone who helped me celebrate my birthday. First is my amazing family who all got together to make it an experience I won't soon forget. Many thanks to all who gathered with me on Sunday.

Thank you for all the donations to our food pantry. You gave 153# in food plus \$140 to purchase more.



Finally, my St. Mark family. You are always there for me, to wipe away a tear or share a laugh. And special thanks to Steve and Gage who stayed to clean up. THANK YOU! Yes, St Mark does care.

Many thanks and much love, Dolly (Dunsworth)



Please join our family in celebrating the

**95th Birthday of Jeannette Hoffman**

Sunday, July 7th at the Walcott Legion from 1:00pm to 4:00pm

If you are unable to attend you may send her a card : P.O. Box 311, Walcott, IA 52773

**August Altar Guild Volunteer Needed**

A recent opening has occurred for a volunteer(s) with altar guild for the month of August. This involves setting up for communion and clean-up after. If you are interested or need more information, please contact Linda Wescom or the church office.

**Habitat For Humanity Lunches - July 27**

Our weekend for providing the lunches to Habitat construction volunteers will be July 27th. Menu and needs will be posted in the lounge. Exact number of volunteers to be fed will be known closer to the date.

Questions can be directed to Maureen Currier **(563-940-8744)**.

Thank you to all who contribute to this ministry on an ongoing basis or even just one time! It is appreciated.



(You may have seen in the media recent celebrations of homes completed and/or started in our community. Great outreach ministry!)



**Camino de Emaus** continues to worship at 3:00pm on Sundays in the chapel. We are thankful for their partnership in ministry in providing worship opportunities.

**Thank you! Thank you!**



The many memorial gifts for our prayer garden are greatly appreciated. Each gift has contributed to our prayer garden looking so beautiful. Thank you also to those volunteers who assist in keeping it watered and healthy even during the heat of summer. I hope you are able to take time to enjoy it. Sincerely, Julie Guinn

It was exciting to have parts of **our church building utilized** that are typically quiet as we hosted the visiting Living Lutheran Youth group work camp the last week in June. Thanks to Barb Jakubowski for being the host contact as well as Nancy Beaderstadt, Candy Nagel, and Mike Crews (and anyone I missed!) for your contributions on behalf of St.



Mark as host site. In past years others have hosted St. Mark's traveling youth group work camps so it was good to have this opportunity.

**Home Visits / Home Communion / Prayer Concerns:**

If you, a family member, or St Mark friend would like to receive home visits, home communion, or be included in corporate prayers please contact the church office, Beth Claeys Volunteer Parish Nurse, or a Church Council member and we will make appropriate arrangements during this pastoral transition. Also, please keep in mind that hospitals no longer contact churches when members are hospitalized.

All the members of St. Mark are ministers. Please watch out and care for one another as best as we can. Continue to lift one another up in prayer. Send a note. Make a call.



## A STEWARDSHIP MOMENT

We are called to live our lives in a way that points to Christ in all we do.

What gifts are you given? How can you use them in a way that points to Jesus? And then one step further... How are you using those gifts to tell others about Jesus?

A gentleman was thanked for the work he was doing in his community's food pantry. "Oh no," he replied, "God is doing great things here. I am just blessed that I get to help."

It is one thing to act in a Christ driven charitable way, it is another step to name it like this gentleman did. The truth is so often we stop short of just there and we take credit for serving our neighbors.

So with the challenge of being humble we should ask: How can you verbally give God the glory for the ways in which you are generous?

Your Stewardship Committee,

Nancy Beaderstadt and Rick Martin

With special thanks to Rev. Emily Martin for her expertise.



### FOOT CLINIC



*The next foot clinic is scheduled for the morning of Monday, August 5th. Appointment is required. Cost is \$35. Sign-up sheet is in the lounge. Appointments are filling up quickly. It is such a great service. If there are no open times on the sign-up sheet please contact Nancy Beaderstadt as she may be able to arrange an additional earlier time.*

### Peace and greetings from Beth Claeys, Parish Nurse!

Greetings – If you are interested in information about a specific health topic, please let me know and I can include it in Life.



I wanted to share a quote that was sent to me : “God always has something for you, a key for every problem, a light for every shadow, relief for every sorrow and a plan for every tomorrow.”

Habits for good health : The foundation of a healthy lifestyle consists of lasting habits like eating right, watching your weight, exercising regularly, managing your mental health, and getting routine medical exams. Even small steps towards these goals can have a significant impact on your ongoing healthy journey.

#### Some easy practices you can make part of your daily routine –

Do a morning stretch. Stretching wakes up the body, improves circulation and promotes relaxation, helping to set the day's tone.

Stay hydrated. Proper hydration supports digestion, improves brain performance and increases energy among other health benefits.

Floss. Good oral hygiene includes daily flossing.

Apply sunscreen. Sunscreen is the best defense against skin-damaging rays.

Go nuts. When you crave a snack, reach for unsalted nuts and seeds like almonds, walnuts, peanuts and cashews. They contain many beneficial nutrients and help prevent cravings for highly processed foods. Nuts are high in calories, so take a palm-sized portion.

Nap. Afternoon naps can recharge you and may boost your cognitive function.

Take a breather. Alternate nostril breathing, in which you breathe through one nostril at a time, is believed to help reduce stress by slowing your breathing rhythm and forcing you to take deep, full breaths.

Move. Break up bouts of sitting with small bursts of movement.

Enjoy a hobby. A study published online in September by Nature Medicine suggests that having a hobby is good for people's overall health and mood.

Be social. Social interactions can stave off loneliness and protect against depression and cognitive decline.

Source: Harvard Health Publishing



June 11, 2024

Rev. Travis Fisher-King  
St. Mark Lutheran Church  
2363 W 3rd St  
Davenport, IA 52802-1627

Dear Pastor and members,

Thank you for your recent grant award of \$2,000.00 for LSI's Immigrant and Refugee Community Services. This will go a long way in helping the newest members of Iowa.

When refugee families arrive in the U.S., they often have very few possessions. Their new homes need to be furnished with everything from dish soap to shower curtains, toothpaste to rice. LSI coordinates donations from many generous churches, organizations, and individuals to cover many of these needs; however, there are always a few items that must be purchased. Thanks to your generous grant, several newly arrived families will have the personal care, cleaning, food, and household supplies they need as they transition to life here.

Thank you for helping to welcome the world to Iowa!

Eternally grateful,

A handwritten signature in blue ink that reads "Renee Hardman".

Renee Hardman  
President and CEO

A handwritten note in blue ink that reads "We can't do this without your support." The text is written in a cursive style.

*We appreciate the fact that you gave this of your own free will with no goods or services received in exchange for this donation.*

106 16th St. S.W. | P.O. Box 848 | Waverly, IA 50677 | phone 319.352.2630 | fax 319.352.0773 | toll-free 866.584.5293


Give online at [www.LSIowa.org](http://www.LSIowa.org) | [www.facebook.com/LSI.iowa](https://www.facebook.com/LSI.iowa)

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**Greetings from the church office....** “Things will slow down during the summer”, I was assured throughout May from the desk across the office. Well, I have yet to experience this summer “slow down” in the office despite many of the regular groups and activities taking a summer break. Truly, I wouldn’t want it any other way. Food pantry is still going strong on Tuesdays and Wednesdays. (Did you know the majority of calls that come in to the office are inquiries about the food pantry?) Sounds from the gym and playground of preschool summer programs in session . As I write this, we have M.A.D. campers and youth work campers here, along with their leaders, bringing a type of energy to various corners of our building I had not previously experienced. Additional communications with those leading worship services. Volunteers and committee members are often stopping through, calling, or messaging as we all go about the work of the church during this transition time. And some of you delightful folks occasionally message, call, or pop in to say hello and stay connected. We are always thankful to have our on-line church utilized and connect with folks—whether homebound, vacationing, or just not able to attend worship in person. It is all good. Woven throughout the days there is also the anticipation. The challenge to be patient. Like children at Christmas, we have to wait to find out about an interim pastor. Wait to learn of the work of the call committee—when will have our new pastor in place? Will they be a good fit? Can they help us grow the church and find the future callings of our congregation? Of our building? Will we be able to support our ministries financially? So many questions, so many ways to still participate—in worship or otherwise, and so many things to wonder and pray about as St. Mark moves forward. Enjoy some summer time activities, but keep on being the ministers of St. Mark. -Sue Geise, Admin. Assistant



**Saturday**  
5:00pm



**Office Hours**

**Sunday**  
9:30am

**Tuesday and Wednesday:**  
9:30pm-2:30pm

**Thursday: 9:30pm—1:30pm**

Visit Us! St. Mark Evangelical Lutheran Church • 2363 West Third Street, Davenport IA 52802

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